

PASTA WITH WHITE BEANS AND KALE

Preparation time: 15 minutes

Cooking time: 15 minutes

- 2½ cups uncooked radiatore (short coiled pasta), rigatoni, or penne
- 2 tablespoons olive oil, divided
- 3 garlic cloves, minced
- 1 (7-ounce) bottle roasted red bell peppers, drained and sliced
- 12 cups coarsely chopped kale (about ½ pound)
- 2X (16-ounce) can cannellini beans or other white beans, drained
- 2 tablespoons fresh lemon juice
- ¼ teaspoon coarsely ground pepper
- 6 tablespoons grated fresh Parmesan cheese

1. Cook pasta according to package directions, omitting salt and fat. Drain pasta in a sieve over a bowl, reserving ¼ cup cooking liquid; set pasta aside.

2. Heat 1 tablespoon oil in a large Dutch oven over medium heat. Add minced garlic and sliced bell peppers, and sauté 1 minute. Add kale and cannellini beans; cover and cook 5 minutes or until kale is wilted, stirring occasionally. Add cooked pasta, reserved cooking liquid, 1 tablespoon oil, lemon juice, and pepper, and stir well. Spoon the pasta mixture into serving bowls, and sprinkle with Parmesan cheese. Yield: 6 servings (serving size: 1⅓ cups pasta and 1 tablespoon cheese).

CALORIES 349 (22% from fat); FAT 8.5g (sat 2.0g, mono 4.2g, poly 1.4g); PROTEIN 14.1g; CARB 54.7g; FIBER 3.4g; CHOL 5mg; IRON 3.9mg; SODIUM 289mg; CALC 170mg